

CALORIE TALLY

Food	Calories
Apple	70
Apple juice	125
Apple pie	373
Apple sauce (sweetened)	100
Apple sauce (unsweetened)	50
Asparagus	20
Bacon (2 slices)	98
Bagel	125
Banana	64
Banana cream pie	300
Beans (baked)	160
Beans (green)	14
Beans (lima)	100
Beef (4 oz)	450
Beef (ground, hamburger)	550
Beef (sirloin)	400
Beef (ribs)	600
Beef (steak)	400
Beef (corned)	300
Beets	45
Blintzes (2)	300
Blueberries (1/2 C)	90
Bologna (4 oz)	300
Bread (1 slice)	60
Bread (with margarine)	100
Butter (1 T)	100
Cabbage (1 C)	15
Cake (200)	200
Candy	125
Cantaloupe	55
Carrots (1 raw)	20
Cereal (1 C)	100
Cheese (1 oz)	100
Cottage cheese (1C)	240
Cherries (1 C)	80
Chicken (broiled, 6 oz)	230
Chicken (fried)	300
Coffee	2
Cookies (1, avg. assortment)	50
Corn	70
Crackers (1, avg. assortment)	15
Doughnuts (1, avg. assortment)	165
Duck (6 oz)	500
Eggs (1 fried or scrambled)	110

Fish cakes (2)	300
Fish sticks (6)	250
Fruit salad	200
Gelatin	260
Grapefruit	60
Grapes (1 C)	95
Gum	0
Ham (6 oz)	500
Honey (1 T)	65
Hot dog	150
Ice Cream	150
Jam (1 T)	55
Knockwurst (6 oz)	500
Lamb (6 oz)	600
Lemonade	100
Liver (6 oz)	400
Liverwurst	300
Lobster	315
Macaroni (1/2 cup, boiled)	95
Margarine (1 T)	75
Mayonnaise (1 T)	110
Meat loaf (2 slices)	500
Milk (8 oz)	160
Nuts (1/4 C)	650
Onion rings	145
Oranges	65
Orange juice	115
Pancakes (1)	55
Pastry (avg.)	250
Peaches	35
Peanut butter (1 T)	95
Pears	100
Peas (1/2 C)	70
Pickles	15
Pie (avg.)	325
Pizza (1 slice)	250
Popcorn (1 C)	55
Pork chop (4 oz)	300
Potato chips (10)	115
Potatoes (avg.)	100
Raisins (1/4 C)	115
Rice (1 C)	185
Rolls	160
Salad	50
Salad dressing (1 T)	105
Salami (4 oz)	350
Sausage (4 oz)	450
Soups (avg.)	130

Spaghetti (1 C)	195
Spinach (1 C)	40
Strawberries (1 C)	100
Sugar (1 tsp)	30
Syrup (avg.)	50
Tea	1
Tomatoes (1)	35
Tuna fish (4 oz)	225
Turkey (6 oz)	300
Veal (6 oz)	450
Waffles (1)	215
Watermelon	25
Yogurt (1 C)	120